

A  
PLAIN DISCOURSE,

ON THE  
CAUSES, SYMPTOMS, NATURE, AND CURE,

OF THE  
PREVAILING EPIDEMICAL DISEASE,

TERMED  
INFLUENZA.

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# PLAIN DISCOURSE

OF THE  
NATURE AND USES OF THE  
SACRAMENT OF THE LORD'S SUPPER

IN THE  
METHODICAL AND  
PRACTICAL MANNER

OF  
THE  
REV. J. H. WATSON

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PRACTICAL MANNER  
OF  
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NEW-YORK:  
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J. H. WATSON

1834

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*Soon will be published, by the same Author,*

# DISCOURSES

ON THE

MANAGEMENT OF INFANTS,

AND THE

TREATMENT OF THEIR DISEASES.

I. Of the Management of Infants during the periods of Nursing and Weaning.

II. Of the Causes, Symptoms, Nature, and Cure of Infant Diseases.

III. Of the Contagious Diseases of Infants.

IV. Of the Management of the Mental Faculties and Passions.

Written in a plain familiar style, to render it intelligible and useful to all Mothers, and those who have the Management of Infants.

*And*

*And by the same Author were lately published, to be had of  
Bell & Bradfute, Edinburgh, J. Johnson, London,  
and Gilbert & Hodges, Dublin,*

## DISSERTATIONS

ON

WHITE SWELLING OF THE JOINTS,

AND THE

DOCTRINE OF INFLAMMATION.

I. Of the Nature and Cure of Scrofula.

II. An Examination of the Grounds on which White Swelling of the Joints has been divided into a Scrofulous and a Rheumatic Species.

III. Of the Doctrine of Inflammation, and the Causes and Nature of White Swelling of the Joints.

IV. Of the Method of Cure which should be employed in White Swelling.

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A  
DISCOURSE

ON THE  
INFLUENZA.

**T**HIS is no new disease. It has been noticed by the earliest medical writers, and it has occurred at many different periods, both at sea and on land, in Europe, Africa, and America.

ABOUT twenty years ago it was very universal in this country. Since then we have heard little or nothing of it. Of late, however, it has appeared, first on the continent, and now and again it is very general and universal in this island. Yet

it seems to be more prevalent in large towns than in the country. In Paris and in London it has swept away a considerable number of the inhabitants; and it is likely to become serious in this city: for numbers are affected, and already a considerable number have died.

THIS is therefore no trivial matter. It is already serious, and may become more so. It calls loud for attention in every respect; for attention as to its causes, in order to guard against it, or prevent it; for attention also as to the disease in general, as to its symptoms, its nature, and its cure; for I am well convinced, that a method of cure has gone too much abroad very inconsistent with the nature of this malady, and dangerous in the extreme.

To you, therefore, to you who have employed this method of cure, I will endeavour to unfold this subject; I will endeavour to point out the causes, the symptoms, the nature, and the cure of  
this

this disease. And first I will speak of its causes.

THIS disease, this Influenza, is surely something of the nature of catarrh, or what is commonly termed a cold. Yet neither is it altogether of this nature; for while it has some of the symptoms of a common cold, it has symptoms of fever, as well as some things peculiar to itself. Neither is it of such frequent recurrence as colds, and it is surely more dangerous.

BUT notwithstanding all this, it is surely produced by somewhat similar causes to those which produce a cold. It is produced by temperature, by variations of temperature, by changes of the weather, by changes of the atmosphere from a colder to a warmer, or from a warmer to a colder state.

YET, if the Influenza be produced by causes similar to those which produce a cold, why is it not the self-same disease? why has it not uniformly the self-same symptoms,



symptoms, as well as every thing else the same? I must confess I cannot exactly tell. But the varieties in the two diseases must depend on one of two things; either on a very general and particular state of the bodies of men at the time they are affected, or on a very general and particular state of the atmosphere, by which the Influenza is produced. Yet the latter seems more probable than the former; for it is scarcely to be supposed, that such a particular state of the bodies of men should be so uniform and so universal.

BUT be this as it may, there is every reason to conclude, that this disease is greatly, if not altogether connected with temperature and atmospherical influence; with the changes of the atmosphere as to heat and cold, and as to moisture and dryness; for it assumes many of the symptoms that are known to arise from the changes of the atmosphere: in its mild form it is not very unlike a common cold; and in its severe form it is somewhat like a cold, attended with a considerable



derable degree of fever, and weakness or debility.

Now, for these and many other reasons, I am disposed to conclude, that the Influenza is not a contagious disease, that it is not communicated from one person to another by infection, but that it is produced by temperature and atmospherical influence.

For temperature, while necessary to health, is also powerful in producing disease. A certain degree of atmospherical temperature is essentially necessary to life and health; and therefore if that degree do not exist, if the atmosphere be either too hot or too cold, disease must ensue. By habit, however, individuals are brought to bear very different degrees of heat and cold without injury. But this has nothing to do with the general question; for an atmosphere either too hot or too cold is a powerful cause of disease, and much more so when it changes suddenly, from a colder to a warmer, or from a warmer to a colder state; It is the frequent

quent changes or alternations of temperature that are most powerful in producing disease.

It is this state of the atmosphere that produces colds, and fevers, and inflammations, and rheumatisms, and many other diseases: it is this state of the atmosphere that produces the Influenza itself. In Nature there exists not a cause so frequently productive of disease, as changes of temperature and atmospherical influence.

Thus it is that colds, and coughs, and hoarsenesses, and sore throats, and inflammations, and fevers, as well as other diseases, are so frequent in the autumn and the spring. In the autumn the temperature of the atmosphere is diminished; in the spring it is increased: but in either case the living body suffers very important and material changes; it suffers derangement, debility, and disease.

THESE are facts, and indisputable facts; they are facts with which every one is acquainted. Who has not remarked the diseases

diseases of the autumn and the spring? Who has not remarked the diseases of any season of the year, from sudden changes of the weather, or from sudden transitions of heat and cold? Universal experience brings decisive evidence of the power and influence of these causes in the production of disease.

It is to these causes that we must ascribe the present epidemical distemper which prevails among us: for it is of a mixed nature; it has symptoms of cold, as well as symptoms of fever; and the former of these diseases is always produced by temperature, and the latter, though not always, is most frequently produced by the same cause.

Thus, there is every reason to believe, that this mixed disease, this Influenza, is also produced by temperature; for in nature there is not a more general, a more frequent, nor perhaps a more powerful cause of disease in the various modes in which it operates on the living body. It

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produces

produces disease in various forms and in various shapes ; it is rapid in its operation ; it suddenly deranges and debilitates the body, and produces the most alarming symptoms. It is also steady and uniform in its more general effects ; in every instance it deranges or debilitates the body. Prostration of strength is a leading and a characteristic feature in this disease. I appeal to the experience of every one who has either seen or had it, if this be not the fact. In this case it is also rapid in its operation ; for it has frequently happened, that in the evening the individual has gone to bed in health, and in the morning has found himself diseased ; found himself with many, if not all the symptoms of this disease.

Now, these symptoms are symptoms of fever, as well as symptoms of catarrh. In fact, the Influenza seems to be a mixture, as it were, of these diseases ; for it shows symptoms of both the former and the latter. In the first place, therefore, I shall detail the symptoms of the Influenza,  
and

and then I shall compare them with the symptoms of fever and catarrh, with a view to ascertain the nature of this disease.

IN the first place, then, prostration of strength is a uniform and a constant attendant on this disease. The patient has a sense of general weakness, or a feeling of universal lassitude or debility. From these feelings he is little inclined to motion; and if he does walk about or go into company, his strength is farther impaired, and all the symptoms of his disease are aggravated and increased. He has a sensation of cold over the whole body, but particularly in his back, and this feeling of cold is often attended with shivering; he has pains in different parts of his body, but particularly in the legs and in the back; he has headach, faintness, and giddiness, shooting pains about the eyes, some uneasiness in their motions, and an appearance of fulness in their vessels; he has wakefulness, yet has he disturbed sleep, fearful dreams and delirium; increased

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frequency



frequency of pulse ; a total loss of appetite, with vomiting and costiveness ; thirst, scarcity and thickness of urine ; running from the eyes and nose, and sometimes bleeding from the nose ; inflammation of the throat, cough, and pains in the breast, and some difficulty in breathing ; a discharge of blood from the lungs, or the expectoration tinged with blood, and a sort of miliary eruption on the skin. Upon the whole, every function of his body is more or less impeded and impaired.

THE whole of these symptoms, however, do not take place in every case of Influenza. Delirium, for example, is not a constant symptom : it takes place in one case, and not in another. Neither does the affection of the eyes, nor the running from the eyes and nose, nor the bleeding from the nose, nor the inflammation of the throat, nor the cough and pains in the breast, nor any sort of discharge from the lungs, nor the vomiting, nor the eruption on the skin, take place in every case. But all the other symptoms, the  
general



general weakness or debility; the universal sensation of cold; the pains in the legs, and in different parts of the body; the sensation of cold and of pain in the back; the headach; the giddiness; the wakefulness, yet the disturbed sleep and the fearful dreams; the increased frequency of pulse; the total loss of appetite; the costiveness; the thirst; the scarcity of urine; are symptoms constant and uniform in their appearance, and seem to be strictly connected with, and inseparable from the nature of this disease.

HAVING thus detailed the symptoms of the Influenza in every form in which it appears, I shall now compare them with the symptoms of fever and catarrh, in order to ascertain the nature of this disease. And here I shall quote from Dr Cullen, as it is perhaps impossible to describe the symptoms of either disease more accurately than he has done.

IN fever, “ The person is affected, first with a languor, or sense of debility; a  
fluggishness

sluggishness in motion, and some uneasiness in exerting it; with frequent yawning and stretching. At the same time, the face and extremities become pale; the features shrink; the bulk of every external part is diminished; and the skin, over the whole body, appears constricted, as if cold had been applied to it. At the coming on of these symptoms, some coldness of the extremities, though little taken notice of by the patient, may be perceived by another person. At length the patient himself feels a sensation of cold, commonly first in his back, but from thence passing over the whole body; and now his skin feels warm to another person. The patient's sense of cold increasing, produces a tremor in all his limbs, with frequent succussions, or rigors, of the trunk of the body. When this sense of cold, and its effects, have continued for some time, they become less violent, and are always alternated with warm flushings. By degrees, the cold stage goes off entirely; and a heat, greater than natural, prevails, and continues over the whole body.

body. With this heat the colour of the skin returns, and a preternatural redness appears, especially in the face. Whilst the heat and redness come on, the skin is relaxed and smoothed; but for some time continues dry. The features of the face, and other parts of the body, recover their usual size, and become even more turgid. When the heat, redness, and turgescence, have increased and continued for some time, a moisture appears upon the forehead, and by degrees becomes a sweat, which gradually extends downwards over the whole body. As this sweat continues to flow, the heat of the body abates; the sweat, after continuing some time, gradually ceases; the body returns to its usual temperature, and most of the functions are restored to their ordinary state.

“ THIS series of appearances gives occasion to divide the paroxysm into three different stages, which are called the cold, the hot, and sweating stages or *fits*.

“ IN the course of these, considerable  
changes

changes happen in the state of several other functions, which are now to be mentioned.

“ UPON the first approach of languor, the pulse becomes sometimes slower, and always weaker than before. As the sense of cold comes on, the pulse becomes smaller, very frequent, and often irregular. As the cold abates and the heat comes on, the pulse becomes more regular, hard, and full; and, in these respects, increases till the sweat breaks out. As the sweat flows, the pulse becomes softer, and less frequent, till, the sweat ceasing altogether, it returns to its usual state.

“ THE respiration also suffers some changes. During the cold stage, the respiration is small, frequent, and anxious, and is sometimes attended with a cough: As the hot stage comes on, the respiration becomes fuller and more free, but continues still frequent and anxious, till the flowing of the sweat relieves the anxiety, and renders the breathing less frequent and more free.





clamminess of the mouth and fauces, but during the hot stage, from the heat which then prevails over the whole body; and as the sweat flows, the mouth becomes moister, and the thirst, together with the heat, gradually abates.

“ IN the course of a paroxysm, there is often a considerable change in the state of the secretions. The circumstances just now mentioned show it in the secretion of the saliva and mucus of the mouth, and it is still more remarkable with respect to the urine. During the cold stage, the urine is almost colourless, and without cloud or sediment. In the hot stage, it becomes high coloured, but is still without sediment. After the sweat has flowed freely, the urine deposits a sediment, commonly lateritious, and continues to do so for some time after the paroxysm is over.

“ EXCEPTING in certain uncommon cases, which are attended throughout with a diarrhæa, stools seldom occur till towards the end of a paroxysm, when commonly



monly a stool happens, and which is generally of a loose kind.

“ ANALOGOUS to these changes in the state of the secretions, it frequently happens, that the tumours subsisting on the surface of the body suffer, during the cold stage of fevers, a sudden and considerable detumescence; but generally, though not always, the tumours return to their former size during the sweating stage. In like manner, ulcers are sometimes dried up during the cold stage, and return again to discharge matter during the sweating stage, or after the paroxysm is over.

“ CERTAIN changes appear also in sensation and thought. During the cold stage, the sensibility is often greatly impaired; but when the hot stage is formed, the sensibility is recovered, and often considerably increased.

“ WITH respect to the intellectual functions, when the cold stage comes on, attention and recollection become difficult,

and continue more or less so during the whole paroxysm. Hence some confusion of thought takes place, and often arises to a delirium, which sometimes comes on at the beginning of the cold stage, but more frequently not till the hot stage be formed.

“ IT belongs also to this place to remark, that the cold stage sometimes comes on with a drowsiness and stupor, which often increase to a degree that may be called comatose or apoplectic.

“ WE have still to add, that sometimes, early in the cold stage, a headach comes on, but which, more commonly, is not felt till the hot stage be formed, and then is usually attended with a throbbing of the temples. The headach continues till the sweat breaks out; but as this flows more freely, that gradually goes off. At the same time with the headach there are commonly pains of the back, and of some of the great joints; and these pains have the same course with the headach.

“ THESE

“ THESE are nearly the whole, and are at least the chief of the phenomena which more constantly appear in the paroxysm of an intermittent fever;” and they are very distinctly marked. The same author has marked the symptoms of catarrh with equal precision.

“ THE disease of which I am now to treat,” says he, “ generally begins with some difficulty of breathing through the nose, and with a sense of some fulness stopping up that passage. This is also often attended with some dull pain, and a sense of weight in the forehead, as well as some stiffness in the motion of the eyes. These feelings, sometimes at their very first beginning, and always soon after, are attended with the distillation from the nose, and sometimes from the eyes, of a thin fluid, which is often found to be somewhat acrid, both by its taste, and by its fretting the parts over which it passes.

“ THESE symptoms constitute the *coryza* and *gravedo* of medical authors, and  
are

are commonly attended with a sense of lassitude over the whole body. Sometimes cold shiverings are felt, at least the body is more sensible than usual to the coldness of the air; and with all this, the pulse becomes, especially in the evenings, more frequent than ordinary.

“ THESE symptoms seldom continue long before they are accompanied with some hoarseness, and a sense of roughness and soreness in the trachea, and with some difficulty of breathing, attributed to a sense of straitness of the chest, and attended with a cough, which seems to arise from some irritation felt at the glottis. The cough is generally at first dry, occasioning pains about the chest, and more especially in the breast. Sometimes, together with these symptoms, pains resembling those of the rheumatism are felt in several parts of the body, particularly about the neck and head. While these symptoms take place, the appetite is impaired, some thirst arises, and a general lassitude is felt over all the body.”

I have thus detailed the symptoms of the Influenza, of catarrh, and of fever; and it is impossible not to see the similarity between these diseases and the disease of which I am treating. In short, the Influenza has the general symptoms of fever, strictly so termed; and in the far greater number of cases, it has also the general symptoms of catarrh. It may therefore be regarded as a sort of combination of these diseases.

THE great and fundamental symptoms of Influenza and fever are exactly similar. In both diseases there is an evident prostration of strength, with a feeling of universal lassitude or debility. In both diseases also, the cold, the hot, and the sweating stages, are very distinctly marked; and in both diseases, as the sweat continues to flow, the heat of the body abates. The sweat, after continuing for some time, gradually ceases, and the body returns to its usual temperature, and most of the functions are restored to their ordinary state.

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IN the Influenza, however, the cold, the hot, and the sweating stages, are not so very distinctly marked as in the paroxysm of a pure intermittent fever. Neither is the Influenza in general of so long continuance. But this affords no reason to conclude that these diseases are fundamentally different in their nature; for “in different cases” of fever, “the several phenomena are in very different degrees: the series of them is more or less complete; and the several parts or stages, in the time they occupy, are in a different proportion to one another.”

THIS is also the case with regard to the Influenza. In different cases the symptoms appear in different degrees: in a degree more or less severe, according to the state or condition of the patient's constitution at the time he is affected; according to his youth and vigour, his strength and weakness, his modes of living, his previous diseases, his age, and his infirmities.

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FROM the similarity of the symptoms, therefore, of Influenza and fever, we are led to conclude, that these diseases are similar in their nature, that they depend on a similar state of the animal body. When the Influenza is not attended with catarrhal symptoms, it is indeed a pure fever; but when attended with local affections, with symptoms of catarrh, it is of a mixed nature; it is then a catarrhal fever strictly so termed, and the pathology of fever and catarrh is applicable to its explanation. I shall therefore endeavour to point out the pathology of these diseases, in order to illustrate the nature of the Influenza. And first with regard to fever.

THE great exciting causes of fever, strictly so termed, are contagion, marsh miasmata, and the hurtful operation of atmospheric temperature; of this temperature operating either in too high or in too low a degree; or rather, it is the sudden alternations or transitions of temperature that produces fever, and more especially

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when the atmosphere is at the same time loaded with moisture. These are the exciting causes of fever, and in no case do they produce high excitement in the system; for whatever may be the mode of their operation, whatever may be their real or intimate effects, in every instance they derange or debilitate the body; and thus they establish fever, and all the symptoms or phenomena of fever.

THIS is a doctrine which no one can dispute; it must be universally admitted; for whatever may be the form of the fever; be it intermittent or remittent, ague or continued fever; be it typhus fever, yellow fever, scarlet fever, or the plague, it is founded on derangement or debility; for this is the natural and necessary effect of the exciting causes of fever, and all its symptoms are symptoms of debility. Who has seen a fever of over-excitement? Does synocha, as it has been termed, or the pure inflammatory fever, really exist?

THIS disease is constituted by the phlogistic

gistic diathesis, according to Dr Cullen, and by the sthenic diathesis, according to Dr Brown. It is said to be a disease of over-excitement; yet, like those diseases that "are more strictly called fevers," it has no "topical affection, that is essential and primary, such as the other orders of the pyrexia always have." This is therefore the most remarkable of all diseases; for it is difficult to understand either its production or its existence; and it is as difficult to conceive how it got a place in nosological arrangement. But it is understood to be a phlogistic disease, or a disease of over-excitement; it is, as it were, an exuberance of health. It must therefore be produced by the operation of powerful stimuli; of stimuli which operate in a higher degree than is necessary to produce health; which raise the excitement above health, as it were, and thereby produce disease. But if stimuli operate in this degree, will they not derange or debilitate the animal body? Will they not rather produce indirect debility and deficient excitement? Debility is the ne-

cessary effect of the operation of every powerful stimulus ; and therefore is it not a fair conclusion, that in whatever degree the stimulus operates above what is required to produce health, that it will produce a proportional degree of indirect debility ? At all events, how can over-excitement, or the sthenic diathesis, be supposed to exist after the stimulus has ceased to operate ? If it has not operated to the extent of producing indirect debility, the moment that it ceases to operate, the excitement, if it falls no lower, must fall to the healthful point ; and therefore it seems a reasonable conclusion, that the sthenic diathesis has no existence in nature. Besides, it seems incongruous in language, to call the highest state of health a disease. How then are we to understand the existence of synocha, or the pure inflammatory fever ? It can only exist but for a moment, comparatively speaking. Abstract the stimulus, or the exciting cause, and it is gone. Bleeding and other evacuations, and antiphlogistic practice, are superfluous and unnecessary ;  
for

for in all probability it is an imaginary disease.

THUS there is every reason to conclude, that fever, in all its varieties, forms, and shapes, is a disease of derangement or debility; for it is produced by causes that derange and debilitate the animal body: it shows forth symptoms of derangement or debility; and generally speaking, it is best opposed or removed by powers which produce opposite effects to those causes which produce it; by powers which enable the system to throw off its diseased or morbid actions, which restore its lost or diminished energies, and reinstate the phenomena of health.

I have thus endeavoured to point out the pathology of fever. I have noticed its causes, its symptoms, and its cure; and on all these grounds there is reason to conclude, that it is a disease of diminished excitement, derangement, and debility. Now, as the Influenza is partly a febrile disease, as febrile symptoms are its  
great



great and leading features, we must conclude, that it partakes of the nature of fever, and that it is also a disease of debility. But it has also symptoms of catarrh; and therefore, in order to unfold the extent and nature of the Influenza, I shall now endeavour to trace the pathology of catarrh.

I have already observed, that the hurtful operation of atmospherical temperature is one of the great causes of fever; that it produces fever when it operates either in too high or in too low a degree, or rather when its increased or diminished action alternate with each other, as in sudden changes of the weather, or sudden transitions of heat and cold; and that its hurtful influence is increased when at the same time the atmosphere is loaded with moisture. In this manner also does temperature produce catarrh. Indeed this is the only exciting cause of catarrh; it has no other than the hurtful operation of temperature. Now when fever is produced by the self-same cause, and by the self-same



same mode of its operation, it necessarily follows, that fever must be very similar in its nature to catarrh: it must depend on a similar state of body. And this is actually the case; for in catarrh, as well as in fever, cold shiverings are felt, at least the body is more sensible than usual to the coldness of the air; and with all this, the pulse becomes, especially in the evenings, more frequent than ordinary, the appetite is impaired; some thirst arises, and a general lassitude is felt over all the body. But as some of the other symptoms of catarrh do not so exactly correspond with those of fever, they have been regarded as very different diseases.

DR CULLEN has regarded catarrh as a phlogistic disease, and Dr Brown as a disease of over-excitement. Agreeing thus in their doctrines, they proposed a similar method of cure; they proposed bleeding, and other evacuations; antiphlogistic regimen and antiphlogistic practice. But they were wrong in both doctrine and practice; and for this very good reason,  
that

that the hurtful operation of temperature, the exciting cause of catarrh, can in no manner, nor in no shape, produce a phlogistic or a sthenic state of the living body : in every instance, instead of producing over-excitement, it produces derangement and debility ; and in this manner it sometimes produces pure fever, and sometimes fever with catarrhal symptoms, as in the case of the Influenza. Besides, catarrh is most readily removed by heat, warm cordial drinks, and perspiration ; by the very powers which would produce over-excitement. This is even the vulgar practice in cases of catarrh ; and all mankind know that it produces the desired effect, that it cures the disease. And notwithstanding of his doctrine, Dr Cullen himself has proposed a somewhat similar method of cure. “ In the cases of a moderate disease,” says he, “ it is commonly sufficient, to avoid cold, and to abstain from animal food for some days ; or perhaps to lie abed, and, by taking frequently of some mild and diluent drink a little warmed, to promote a very gentle sweat ; and after these, to take  
care

care to return very gradually only to the use of the free air."

Now what is all this, but curing catarrh by heat? by the stimulus of heat; by opposing heat to cold; the latter of which Dr Cullen considered as the exciting cause of the disease. But he has not disclaimed his doctrine by his practice alone: he has brought other grounds to disprove it.

AFTER describing the symptoms of catarrh, and their progress, he observes, "Such is generally the course of this disease, which is commonly neither tedious nor dangerous; but, upon some occasions, it is in both respects otherwise. A person affected with catarrh seems to be more than usually liable to be affected by cold air; and in that condition, if exposed to cold, the disease, which seemed to be yielding, is often brought back with greater violence than before, and is rendered not only more tedious than otherwise it would have been, but also more dangerous, by the supervening of other diseases.

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“ SOME degree of cynanche tonsillaris often accompanies the catarrh ; and when the latter is aggravated by a fresh application of cold, the cynanche also becomes more violent and dangerous, in consequence of the cough, which is present at the same time.

“ WHEN a catarrh has been occasioned by a violent cause, when it has been aggravated by improper management, and especially when it has been rendered more violent by fresh and repeated applications of cold, it often passes into a pneumonic inflammation, attended with the utmost danger.

“ UNLESS, however, such accidents as these happen, a catarrh, in sound persons not far advanced in life, is, I think, always a slight disease, and attended with little danger. But, in persons of a phthical disposition, a catarrh may readily produce an hæmoptysis, or perhaps form tubercles in the lungs ; and more certainly in persons who have tubercles already formed

formed in the lungs, an accidental catarrh may occasion the inflammation of these tubercles, and in consequence produce a phthisis pulmonalis.

“ IN elderly persons, a catarrh sometimes proves a dangerous disease. Many persons, as they advance in life, and especially after they have arrived at old age, have the natural mucus of the lungs poured out in greater quantity, and consequently requiring a frequent expectoration. If, therefore, a catarrh happen to such persons, and increase the afflux of fluids to the lungs, with some degree of inflammation, it may produce the peripneumonia notha, which in such cases is very often fatal.”

THESE quotations hold forth the most conclusive arguments; they hold forth, that catarrh is by no means a phlogistic disease; that it is not a disease of over-excitement, but the very reverse; that it is a disease of debility; for a person once affected with catarrh is more than usually



liable to be affected by cold air; and thus the disease, which seemed to be yielding, is often brought back with greater violence, and is rendered not only more tedious, but more dangerous, by the supervening of other diseases. In the first instance, the person is injured by cold; his system is deranged by the hurtful operation of temperature. In this state of his system he is more liable to be affected by the same cause; till at length, by repeated injuries, other diseases supervene, and then is he in danger of his life.

FOR a catarrh in sound persons not far advanced in life, is always a slight disease, and attended with little danger. It is the derangement, the weakness, and the debility of old age, added to the hurtful effects of temperature, that render it a dangerous disease. Thus it is that the natural mucus of the lungs is increased, and greatly increased; it is thus that great and frequent expectoration is required; and it is thus that the aged and the infirm so often lose their lives by *inflammation*

*mation and the peripneumonia notha.* Thus also it is, in the unsound constitution, in the constitution either phthifical or phthifically disposed, that a catarrh readily produces hemoptysis and tubercles in the lungs; that it inflames them when already produced, and establishes and hurries on a most fatal disease, a phthisis pulmonalis.

NOR is this all; for it is worthy of the most pointed remark, that when a catarrh is aggravated by a fresh application of cold, and when it is accompanied with the cynanche tonsillaris, this affection is also aggravated; it becomes more violent and dangerous. And in like manner, when a catarrh has been occasioned by a violent cause, when it has been aggravated by improper management, and especially when it has been rendered more violent by fresh and repeated applications of cold, it often passes into a pneumonic inflammation, attended with the utmost danger.

Now this is a curious subject, and  
would

would require a very minute investigation. But, in the mean time, I would simply ask, how it happens, that the aggravation of catarrh also aggravates the inflammation in the throat ; and that, when catarrh is greatly aggravated, it passes into a much more dangerous disease, even into a pneumonic inflammation ? If the common doctrine on this disease be well founded, if catarrh depends on a phlogistic or a sthenic diathesis, if catarrh, cynanche tonsillaris, and pneumonia, be diseases of over-excitement ; why do the two last affections not take place at the very beginning of the first ? why are they not then in their most violent, their most severe, and most dangerous form ? But instead of this, the cynanche is only violent and dangerous when the catarrh is aggravated by a fresh application of cold ; and it is only when a catarrh has been occasioned by a violent cause, or aggravated by improper management, or rendered more violent by fresh and repeated applications of cold, that it passes into a pneumonic inflammation, attended with the utmost danger.

ger. In short, it is only after the body has been subjected to the repeated operation of a hurtful and an injurious, a deranging and a debilitating power, and after it has suffered the ravages of disease, that the cynanche becomes violent and dangerous, and that catarrh passes into a dangerous and a pneumonic inflammation.

Now, you cannot fail to have your suspicions concerning the commonly received doctrines of inflammation; you cannot fail to question how it is founded on a phlogistic diathesis, or an over-excitement: for you see what happens in catarrh; you are told, that it is “always a slight disease, and attended with little danger;” that the inflammation of catarrh is a slight and a safe inflammation; yet in the unsound constitution, in the phthical or phthically disposed, it produces hemoptysis; it forms tubercles, and it inflames tubercles; in the aged and the infirm it produces the peripneumonia nōtha: moreover, you are told, that repeated and fresh applications of cold, and repeated  
returns



returns of catarrh, render the cynanche violent and dangerous ; and that thus also does catarrh often pass into a most dangerous disease, a pneumonic inflammation. Now, what is all this to say? It plainly says, that unsoundness of constitution, and the weakness and infirmities of age, predispose to inflammation, and that this affection is produced by powers which derange and debilitate the living body. These things must be admitted, unless you can prove, that unsoundness of constitution and old age is a state of vigour and of strength, and that fresh and severe applications of cold, and repeated returns of disease, invigorate the body, and produce a phlogistic diathesis, or a state of over-excitement. But as soon might you prove that cold is heat, and that weakness is strength.

It is, therefore, unsoundness of constitution, the weakness and infirmities of age, and the deranging and debilitating effects of disease, that predispose to inflammation ; and it is cold, or the injurious operation  
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of temperature that produces it. In this case temperature operates locally: it operates on all the parts with which the air comes in contact in its passage to the lungs; hence inflammation in the mucous membrane of the nose, and catarrh, and the different species of quinsy or cynanche: it operates on the viscera of the thorax, and their investing membrane; hence pneumonia and peripneumonia \*: it operates on the surface of the body, and parts near the surface; hence erysipelas, rheumatism, &c.: it operates either excessively or deficiently, or its increased and decreased action alternate; and in all these forms of its action it produces inflammation, and it produces it

\* In a note to a former work, on "White Swelling of the Joints, and the Doctrine of Inflammation," from which I am just quoting the text, I have observed, that the internal fauces and the thoracic viscera are peculiarly liable to inflammation, because they are accessible to the air in respiration. Besides, as a higher temperature is natural to these parts than to the external surface of the body, may we not suppose, that they are less capable of bearing its alternations, and more especially its diminutions? Then I put the question, Does not this in some measure explain the frequency and severity of inflammatory affections in the fauces and thoracic viscera?

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in a higher or lower degree, according to the degree of its hurtful operation ; or according to the age of the body, its strength or weakness, its health or its disease.

THUS you will perceive, that inflammation is a local affection, and that it takes place, generally speaking, in a degree more or less severe, or more or less dangerously, according to the soundness or unsoundness of the constitution, or according to its strength or weakness. It is derangement or debility that gives the predisposition or susceptibility to inflammation, as well as to every other disease. Thus it is established, and thus it is modified. But when once established, it reacts upon the system ; it has no small influence over its morbid condition and its morbid phenomena ; it frets and irritates the system, as it were ; it operates as a local stimulus ; it increases every vital action ; it increases the action of the heart and arteries, both in frequency and in force ; and thus it gives the semblance of increased excitement and increased action,  
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when in fact the system is pervaded by no inconsiderable degree of derangement or debility.

I have thus endeavoured to give you a general view of the subject of inflammation, because it is a frequent occurrence in the subject of which I am treating. Catarrhal symptoms and inflammatory affections take place in a higher or lower degree, in almost every case of Influenza; but you have seen how to consider them. You have seen, that this disease is founded in fever; that, had it not catarrhal symptoms and inflammatory affections, it would be a pure and simple fever, a disease of debility. Again, you have seen, that catarrh is also a disease of debility; but that, in its common form, it is a mild disease; attended with little or no danger; and that in this form it is readily removed by heat, warm cordial drinks, and perspiration. Yet have you seen, that it also takes place in a more severe form; that it is often brought back with greater violence than before by fresh and repeated

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applications of cold ; that thus, when the body has repeatedly suffered by the operation of a hurtful power, and by the ravages of disease, other diseases more dangerous supervene ; the cynanche tonsillaris, which often accompanies the catarrh, is rendered more violent and dangerous, and catarrh itself passes into a most dangerous affection, even into a pneumonic inflammation : From all these things you have seen, and must learn, how to consider the catarrhal symptoms and the inflammatory affections which accompany the Influenza. You must learn that they are nothing else than symptoms of derangement or debility ; because the Influenza, in its very nature and essence, is a febrile disease, a disease of debility ; and because that in other instances catarrhal symptoms and inflammatory affections are produced, aggravated, and increased, by powers which derange and debilitate the body, by the injurious operation of external causes, and by the ravages of disease.

BUT



BUT should any one be disposed to dispute this doctrine ; should he be disposed to allege, that this is not a disease of derangement or debility, but of high excitement, or of strength ; should it still bear upon his mind, that the catarrhal and inflammatory symptoms are connected with or dependent on a phlogistic or a sthenic diathesis, or on over-excitement, or any thing like it, let him look to it ; let him view the patient suddenly thrown into disease, with a sense of universal lassitude, languor, and debility ; a diminution of power in his muscles of motion ; all his energies diminished ; a universal sensation of cold and shivering ; pains in his legs, and in different parts of his body ; a particular sensation of cold and of pain in his back ; headach, faintness, and giddiness ; wakefulness, yet disturbed sleep, fearful dreams, and delirium ; increased frequency of pulse ; total loss of appetite ; thirst, and diminished secretion ; in short, every function, whether natural, vital, or intellectual, impeded and impaired. Or let him view him entering more  
slowly



slowly into the state of disease ; moving about under the pressure of weakness and debility, with every painful, disagreeable, and weary sensation ; and in either case, let him view him laid upon a bed of sickness, and mark the effects that suddenly and rapidly take place ; how suddenly his debility increases ; how suddenly he becomes emaciated ; how suddenly the most alarming, and apparently dangerous symptoms ensue : Then let him mark the ravages the disease has committed in his constitution ; how he is emaciated, and reduced almost to skin and bone ; how his strength and all his energies are impaired ; let him mark, and consider, and reflect, and let him reflect seriously on all these things, and then let him say whether this be a phlogistic or a sthenic disease, or a disease of weakness or debility ; or whether it be a disease requiring for its cure, bleeding, purging, vomiting, antiphlogistic regimen or antiphlogistic practice, or any other such hurtful, weakening, and destructive power.

If you would think but for a moment, if you would consider the nature and effects of the exciting causes of this disease, if you would consider its symptoms in a just and proper point of view, you would find that this method of cure, this evacuator and antiphlogistic practice, is supported on no good grounds whatever; you would draw the lancet with the utmost hesitation, and having done the deed, you would sheath it in fear and trembling, lest the doctrine of an inflammatory diathesis had led you into an irretrievable error.

THESE remarks lead me to draw your attention to the treatment of this disease; your attention to what has been done, as well as what ought to be done; your attention to the evacuator and antiphlogistic method of cure, as well as to a method of cure of a directly opposite nature and tendency; to view the subject in its every form, in order to ascertain and illustrate the method of cure which should be employed in this disease.

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IN forming your indications in the cure of this, or indeed of any other disease, you look back to the cause or causes which produced it; you would fain endeavour to ascertain their nature and their effects; their mode of operating, and the morbid effects which they produce in the system: you think of these things, in order to form your indications of cure, in order to ascertain the proper remedies, such remedies as are best fitted to produce opposite effects to the causes which produced the disease; that these effects may be removed, and the system restored to its wonted health.

DID you know these things, you could form your indications of cure on the surest grounds; did you know them, you would know the morbid effects that take place in the system, and you would also know how to oppose or remove them. But such knowledge you have not. The present state of medical science does not afford it; and therefore you can only, generally speaking, conclude, that the body suffers derangement, either by the excessive or deficient action of the various agents productive

ductive of the morbid state; and that different forms and modifications of this derangement occasion the different forms of disease. This is nearly the extent of your knowledge; yet, imperfect as it is, it leaves you not without some help in forming your indications of cure.

THAT the exciting cause or causes of the Influenza derange or debilitate the body, is surely unquestionable: whatever these causes may be, or whatever may be the mode of their operation; be they the hurtful operation of temperature, or contagion, or any thing else, they surely derange the body, and diminish its energies; for all the symptoms clearly show it: and be assured, that the catarrhal and inflammatory symptoms bring no argument against this doctrine; they are also founded on the general and fundamental cause, on the general derangement and debility of the system, and they are produced by the operation of temperature being more forcible on the nose, the throat, the viscera of the thorax, or on any external part of

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the body, in which inflammation may appear, than on any where else.

THUS there is one great and fundamental principle to guide your steps in the cure of this disease. You are not to derange and debilitate the system farther by your remedies ; for this is done to your hand ; this is already done by the exciting causes of the disease ; and that it is done, is sufficiently evidenced by one and all the symptoms. Your remedies, therefore, ought to be directed to excite and invigorate the body, and not to weaken it ; to enable it to throw off its morbid actions ; to restore its lost and diminished energies ; in a word, to oppose and remove the effects which have been produced by the exciting causes of the disease, and thus to reproduce the healthful state.

IN this manner, you are acting according to principle, and to a sure principle. You are opposing, with all your might, the effects of the exciting causes of the disease ; you are removing the causes, or ob-  
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viating the effects of debility; and you are obviating the tendency to death.

BUT in as far as this method of cure is well founded and salutary, so far must an opposite method be ill founded and pernicious; so far must bleeding, purging, and vomiting, and every part of the antiphlogistic regimen, be dangerous and hurtful. Now let us see what this method of cure proposes; how far it is well or ill founded; and what are its effects.

IN the first place, then, this method of cure proposes blood-letting, and it proposes it to remove the phlogistic diathesis, the inflammatory state of the system. But let me tell you, that no such state of the system exists. A phlogistic or an inflammatory diathesis are words without meaning. Can any one show, or can it even be supposed, that inflammation, or an inflammatory disposition, is diffused throughout the whole body at once? Is not inflammation a local disease? And is not every other part of the body without

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it, in any form or in any shape, except the part which is actually inflamed? Neither is there over-excitement; for all the symptoms of this disease are symptoms of derangement or debility, without a single exception, no not even the catarrhal and inflammatory symptoms themselves.

WHY, then, should you bleed your patient? Why should you try such a dangerous experiment? Why should you trifle with a thing, that, when once done, cannot be undone; with a thing that may decide the fate of your patient at once? When you take such a momentous and such an important step, you ought to walk on sure and firm ground. You have no phlogistic, nor no inflammatory diathesis to remove: you have to struggle with a diathesis of derangement or debility; a diathesis shewing forth every symptom of debility; shewing forth every febrile symptom; symptoms for which you would have formerly bled, but for which few indeed now-a-days would bleed; no  
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not even for the headach, the fearful dreams, and the delirium themselves: for of all symptoms of derangement or debility they are the strongest, and they depend on a diminished energy of the brain, and a deficiency of blood in its vessels.

WHY, then, should you bleed your patient? You have no inflammatory diathesis to remove: you have to oppose and to remove a febrile, even a typhoid diathesis. What, then, do the catarrhal symptoms and the inflammatory affections signify? They change not the nature of this diathesis; they are only symptoms and affections added to it, and reared upon it, as it were. This disease, this Influenza, is not like the pneumonia of a strong and vigorous man, of a man of high excitement, where the local affection acts as a powerful stimulus to his system, where all is force and increased action, and where the pulse is strong, full, and tense. No: It is both a general and a local disease. The system is first deranged  
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and debilitated, and thus the local symptoms, the catarrhal and inflammatory affections, have little or no great power over it: by their irritation they do not nor cannot produce increased or forcible action, nor a strong, full, and tense pulse.

AGAIN, I say, why should you bleed your patient? for experience will go far, and very far, to show, that the deranged or debilitated, from whatever cause, whether from previous disease, irregularities or intemperance in living, infirmities of age, or any thing else, are the most liable to this disease. It is those, and such as those, over which the exciting cause or causes have the greatest power; and it is those who are past the prime of life, or rather those who are considerably advanced in life, who have been most frequently the victims of the influenza in this city. The derangement, the weakness, and the infirmities of age give the predisposition, and favour the operation of the exciting causes of this disease, even to the production of death itself. Who would bleed a man in the Influenza considerably  
advanced

advanced in life, whether he had been deranged or debilitated by other causes or not? For my own part, I would not be the man, either to advise or practise it, on any account, or on any consideration whatever.

IN the second place, this method of cure, this antiphlogistic practice, proposes vomiting; but for what purpose I cannot easily tell. It must either be to clear the stomach, as it is termed, or to remove a *spasm* from the extreme vessels and thus to produce or promote perspiration. But it is surely unnecessary for the first purpose, and by no means well adapted for the second.

IT is true, indeed, a spontaneous vomiting takes place in many cases of this disease; and when it does take place, it is generally at its commencement, or near its commencement; it is generally among the first symptoms. But what of all this? Does a spontaneous vomiting show that the stomach contained any thing hurtful or offensive to itself? By no means whatever.



ever. This vomiting is a part of the disease; it is the effect of the general derangement and debility of the system; the effect of debility in the stomach itself, by which it is inclined, as it were, neither to receive nor to allow any thing to remain in it; however mild, however innocent the substance may be, it will be rejected; the stomach will discharge it, because of its morbid irritability.

THERE is therefore no good reason to vomit your patient to clear his stomach; for his stomach will and does clear itself; it throws out any matter it may contain, because of its weakened and morbid condition. Neither surely is there any good reason to vomit him to remove a *spasm* of his extreme vessels; for you should first know, and be very certain, that such a state of his extreme vessels does actually exist. And if you vomit him to produce or promote perspiration, you can do this much more safely and effectually by other means; for the perspiration of vomiting is a very debilitating perspiration, not so much from  
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the perspiration itself, as from the powerful and overcoming sickness of vomiting, and from the shocks and derangement which the system suffers in the act of vomiting ; a sickness and a derangement which is not easily got the better of in any case, but far less so in such a disease of debility as the Influenza.

IN the third place, this antiphlogistic method of cure proposes purging ; it proposes it to help in removing the phlogistic diathesis, and to remove costiveness. But these are bad reasons, and the very worst of all reasons. For what is the cause of the costiveness ? Is it owing to a perfect or an imperfect function of the bowels ? Is it owing to over-excitement, or to debility ? To the former it surely cannot be owing ; for when every other function of the body is impeded and impaired, how can you expect a contrary state of the bowels ? how can you expect that the function of the bowels should be regular, when every other function is irregular ? If the appetite be bad,

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how can you expect a regular discharge from the bowels? Can any function of the body, generally speaking, be healthful or natural, when all the other functions are in a morbid state? Surely not. And this costiveness, this impaired function of the bowels, is just of a piece with the loss of appetite, the impaired function of the stomach, or the impaired state of all the other functions; it arises from the self-same cause, the general derangement or debility of the system.

Is it fair or right, then, to force this function, because it is somewhat more within the reach of your power than any of the other functions? It is neither fair nor right, but egregiously wrong; for purging, next to bleeding, is perhaps the most deranging and debilitating of all powers; it deranges and debilitates the stomach and bowels; it cuts off the source of nourishment, as it were, from the system; it cuts off the very sparing supply of nutrition which the system can receive in a case of the Influenza. In this disease it is hurtful and dangerous, not only in  
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its primary, but also in its secondary effects; for in this disease, a diseased or a spontaneous purging is destructive, and I question much if an artificial purging be much less so.

LASTLY, This method of cure proposes a low diet, a total abstinence from every particle of animal food. But this proposition is altogether unnecessary; for giving less than the patient can take in this disease, is a practice truly antiphlogistic indeed!

THUS you see what this antiphlogistic method of cure proposes: it proposes every impoverishing, deranging, and debilitating power; it proposes every power that can derange the most vigorous and healthful body; and how much more a body already deranged and diseased; a body labouring under the Influenza, a disease of high and rapid debility? it operates similar effects to the causes of this disease, and therefore ought to be utterly discarded in every trial, or in every attempt to effect its cure.



DID this disease show no catarrhal, nor no inflammatory symptoms, you never would think of bleeding your patient. You would consider it as a disease of great debility ; you would prescribe opium, wine, and bark, and every cordial and tonic power. But because it has inflammatory symptoms, is it not therefore a disease of debility ? It is as much, nay more, a disease of debility with them, as without them, and they matter not, as indicating an evaculatory or an antiphlogistic method of cure.

IT is the general state of the system, therefore, that you are chiefly to regard in the treatment of this disease. You are to endeavour its preservation, and to strain hard in keeping it from falling lower and lower in its powers of life ; you excite and support it, but you do not directly weaken it for any symptom whatever. This is your primary object, while the symptoms are secondary. By them you judge of the degree of the disease, of its mildness and severity, and the force of your remedies.



medies. You look to the state and condition of the system in the first instance, and to the local or inflammatory affections in the second. Your remedies, therefore, are first general, and then local, or they go hand in hand. You are particularly anxious to remove the diseased condition of the system, while you are not neglectful of the local affections.

THUS the treatment of this disease is both general and local; general, in the use of remedies that operate on the whole nervous system, to remove the diseased actions of the body; and local, in the application of remedies to assist in removing the affections of particular parts. I am now therefore to point out, first, the general, and then the local treatment of this disease.

You have already seen, that this is a disease of derangement or debility; that it is produced by the operation of deranging or debilitating powers; and that all its symptoms are symptoms of debility. Your first indication, therefore, is, and it  
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is an indication of the very highest importance, that you remove or prevent the operation of every cause or every power whatever that can farther derange or debilitate your patient. You prevent the operation of the exciting causes of the disease; you put your patient beyond the reach of atmospheric temperature, and atmospheric influence; you confine him to the house; you confine him to bed; you lay all his muscles at rest; and you accumulate heat around his body; in short, you lay him up, as it were; you prevent all his exertions, whether bodily or mental; his muscular exertions, his stretch of thought, &c. &c. : you attend minutely to these things; for they have all their relative degree of importance, in preventing the farther derangement of his system.

WHAT is it that promotes this disease; that increases it after it is formed; that renders it more severe and more dangerous; and that lengthens the period of its duration? It is frequently the want of knowledge, and the obstinacy of the patient.

tient. He knows not what he is about,  
 and though admonished in the strongest  
 terms, he persists in his own conduct; he  
 moves about under the pressure of debi-  
 lity, with every weary and disagreeable  
 sensation; he braves it out, and makes  
 war against it, as it were; he is obstinate,  
 and will not give up the conflict. Yet is  
 he overcome at last. For while he moves  
 about, while he employs exercise and  
 muscular exertion, while he exposes him-  
 self to various temperatures and atmosphe-  
 rical influence, and while he goes into  
 company, his system is farther deranged,  
 and his disease, and all its symptoms, are  
 aggravated and increased. It is thus that  
 his system is farther deranged, that his  
 energies and strength are farther impair-  
 ed; they are impaired by exposing himself  
 to the repeated and hurtful operation of  
 temperature and atmospherical influence,  
 the causes by which he was originally in-  
 jured; they are impaired by exercise and  
 muscular exertion, by sitting in the erect  
 posture, by exerting the faculties of his  
 mind, by talking, and by various other  
 causes;

causes; for his deranged body and impaired strength are ill able to bear any kind or any degree of exertion; he is obliged to give up the conflict, is overcome at last, and falls into a bed of severe and dangerous sickness.

BE it your wish, therefore, to render the disease of your patient mild and safe; and, to shorten it in its duration, confine him at once. Does he walk about, or go into company, under the influence of debility and disease, stop him instantly in his career; bring him within doors; bathe deeply his feet, or plunge him into a warm bath: then lay him in bed, and put all his muscles to rest; cover him well, and accumulate heat around his body; and he will probably fall into a copious, and a sort of spontaneous sweat.

WHILE you administer these things, you minister to Nature: you are assisting her in her operations; you take her example, and you follow her steps; for  
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this is the mode in which she operates : after the cold fit is formed, then comes the hot, and then a copious sweat ; and in many cases the functions return to their natural and healthful state, and do not fall back into the state of disease.

THIS is the method which Nature takes to remove the disease. Yet are her efforts not always successful. They sometimes loiter, and stop short of the desired effect : they are languid, and are languid from various causes ; from intemperance, or from previous disease ; from age, or from mismanagement or ill treatment at the commencement of the disease. Now is your time to step forward in the aid and assistance of Nature. You administer your stimulant medicines, and your warm cordial drinks ; your opium, or your warm wine, or warm spirits and water. You excite his system to throw off its languid and diseased actions ; you excite a copious sweat, and you let him sweat, without changing his coverings, till it ceases, or nearly ceases to flow.

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IN this manner you frequently remove the disease, or stop it short in its career. In this manner also does Nature sometimes operate. In her economy she excites a copious sweat, and the body returns to the healthful state. But should she fail in her operations; should the disease neither be removed in the economy of Nature, nor by art, you have to struggle with a longer period of disease. Now you must endeavour to carry your patient through it, as it were; support his vital energies; obviate his tendency to death, and bring the disease to a salutary termination.

FOR this purpose you must confine him strictly to bed, and to the lying posture; you strictly prohibit all his muscular exertions; for even the exertion of sitting in the erect posture, diminishes all his energies, the energies of his brain; inducing faintness, dizziness, and delirium. It increases and aggravates every symptom of the disease. Then you see that he breathes an air pure and uncontaminated, and that every thing is clean around him; yet,

yet, at the same time, you are careful that his apartment is not too cold; for this would ill suit the inflammatory disposition of his throat, and of his breast. Neither do you keep his body too cold; for this might prevent perspiration, and interrupt and disturb the operations of Nature in producing it. In short, as to temperature, you preserve the agreeable state of his sensations; you give him neither the feeling of heat nor of cold; you preserve, as far as in you lies, the agreeable state of all his sensations; you remove all powerful impressions from his senses, and you lay his mental faculties and passions at rest; you allay the irritation of thirst by acidulated, grateful, and diluent drinks: at the same time, you support the system by nutritious and cordial fluids, by beef-tea, &c. by animal jellies, and by wine. Your contrivance and invention are exhausted in the cause of supporting the energies of the system; you are fearful of the least deranging or debilitating power; you empty the bowels, not frequently, but from time to time,

by injection, and you scarcely venture on any laxative, however mild ; for the stomach is receiving little, and digesting less ; you would not, therefore, cut off this small and trifling share, this almost total want of nourishment and support from the system ; you would dread the very least debilitating power ; you would strain hard to carry or bear your patient through the disease, as it were ; support his vital energies ; obviate his tendency to death ; and thus you might be hopeful of a salutary crisis, a salutary termination of the disease in sleep, or in perspiration.

Now the question is, whether should you treat your patient in this medium way, or be more liberal in the use of stimuli ? or whether should you attempt to excite perspiration at any period of the disease ? Most unquestionably you ought, at or near its commencement. In this I have not the smallest hesitation. I speak from experience ; from my own experience, as well as from the experience of another who has followed this practice uniformly  
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and extensively to the very best effect. Thus you may be assured, that bathing the feet, covering the patient well up in bed, and giving him a considerable dose of warm wine and water, or warm spirits and water, or a smart opiate, as it is termed; I say you may rely on it, that this practice produces the most agreeable and salutary effects; and I have not seen or heard of a case in which it produced the least injury. It either removes the disease altogether, or it relieves or decreases the force of every symptom. It produces a full and a free perspiration; it favours the operations of Nature herself; it removes the sensation of cold, and of febrile heat, the headach, the pains, the thirst, the inflammation of the throat, the pains and inflammation in the breast, and every pectoral complaint; in short, it excites the system to throw off its diseased actions, and even its catarrhal and inflammatory affections: and in many cases, all the functions return to their healthful and ordinary state.

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THUS you are warranted to excite the actions of the system, to favour and promote a full and a free perspiration, in the more early periods of this disease. You are warranted by principle, you are warranted by experience, you are warranted by Nature herself: she leads the way, and you follow her steps. Be she feeble or tardy in her operations, you aid and assist her; but be she more vigorous or alert, the less have you to do. Yet should the disease continue, should it neither be removed by the operations of Nature nor by art, the question is, whether should you treat your patient in a medium way, or be more liberal in the use of stimuli?

THIS, you will perceive, is an important, yet a difficult question. It requires great and serious consideration. It is important, because it involves the general treatment of the disease; and it is difficult, because the too free use of stimuli may do either much good or much harm. Thus the question hinges, what are the circumstances which would lead to the moderate



moderate or to the more liberal use of stimuli? The circumstances which would lead to their moderate use are obvious. The disease is a disease of debility; it is produced by the operation of deranging or debilitating powers; and all its symptoms are symptoms of debility. You therefore support your patient, you gently excite the actions of his system, and you give nutritious fluids to supply its waste. Thus you neither directly weaken him by evacuations, nor do you exhaust or wear out his energies by the too powerful operation of stimuli. But can their more powerful operation excite the system to throw off its diseased actions, and thus shorten the duration of the disease, and prevent death? Here lies the question, in all its importance and all its difficulties; and I must confess I cannot clear them up. But I may observe, that in many cases of continued fever, a powerful stimulus throws the patient either into a profound sleep, or into a profuse perspiration, and removes the disease. Yet it does not this in every case. For what reason?

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what are the circumstances which lead to this effect in one case and not in another? Does it depend on the nature or degree of force with which the stimulus is applied? or on certain conditions of the system? Till these things are better known, let us be cautious and circumspect in the too liberal use of powerful stimuli.

TREAT your patient, therefore, in a medium way. Drench him not with wine, with spirits, or with opium, or any powerful stimulus; for you may do this to as hurtful an effect as by any evacuation you can employ. Weaken him not by evacuations and a strict diet, nor by the too forcible operation of stimuli; yet support his energies by every power that you can devise to this effect. While his strength remains; while he is not worn out by disease; while Nature seems to point at a salutary perspiration, aid and assist her in her operations by the judicious use of stimuli; but do not interrupt or disturb them by the use of any evacuation whatever. Let all your care be towards the preservation of the system:

system : Support its energies ; obviate its tendency to death ; and carry the disease to a favourable termination. Let good sense, sound judgment, and great deliberation bear sway over all your proceedings.

WHILE you thus care for the system ; while you bring it to the healthful state, you also remove the local affections, the catarrhal symptoms, the inflammation of the throat, the lungs, or any where else. It is remarkable how these affections diminish or disappear as the sweat flows, or as the functions return to their ordinary state. Yet are they local affections, and do not always keep pace in their salutary change with the system itself. Local remedies are therefore proper and necessary to aid and assist in their removal.

STIMULANT and astringent gargles, and the steam of water, are powerful in removing the inflammation of the throat. The same remedy, the inhalation of water-steam, sometimes conjoined with blisters,

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with

with opium, and with æther, is also powerful in removing the inflammation of the lungs, the chronic cough, and every pectoral complaint. They diminish and remove the pains in the breast, and the difficulty of breathing; they soften the cough, and promote a free and an easy expectoration, and the lungs return to the healthful state \*.

Now it is to be hoped, that you have brought your patient to the period of convalescence; that all his more urgent and dangerous symptoms are gone; and that he only wants strength to fit him for his return to the world. But here your duties cease not, and they are still highly important. You endeavour to renovate his system, to enrich his fluids, and invigorate his solids; you are cautious and fearful of every power that can weaken his system, or that can hinder the increase of his strength. But above all, you look  
well

\* QUERY, How do these facts tally with the doctrine of high excitement and increased action in parts inflamed, and with a phlogistic or a sthenic state of the system?

well to his muscular exertions ; you keep them within the range of his strength ; you gradually increase them with the increase of his strength, or otherwise what he gets to-day he will lose to-morrow. Be aware of the importance of this point. You have experience to teach you ; for to-day you see the convalescent heedlessly sent out to exercise, when he should be lying in bed ; you see him return tired, fatigued, and worn out ; and to-morrow you see him laid upon his back, in a worse and more dangerous condition than before.

To carry your patient through a severe disease ; to watch the period of his convalescence ; and to bring him again to perfect health, are serious and important duties. While you do these things, you do well ; yet better, could you prevent his disease, could you prevent the operation of the causes by which it is produced, and the causes which render his body susceptible of their influence. For this purpose enjoin sobriety and regularity of living ; enjoin



join that he should avoid every power that can derange or weaken his body. Let every one, and more especially the unsound, the weak, and the infirm, avoid, as much as possible, the hurtful power of temperature and atmospherical influence; let them keep much within doors, and preserve an equable temperature; avoid sudden transitions of heat and cold, as in frequenting public places and convivial meetings, and every other deranging or debilitating power. In a word, let every one avoid the causes which predispose to this disease, and the causes by which it is produced; and in proportion as they do these things, so in proportion will they be safe and secure from its attacks.

FINIS.

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